

ABSTRACT

Name of thesis: About possibilities of measuring the efficacy of training process in a match (on an example of U 10 to U 13 girls' basketball)

Objectives: To determine what time period in training units was given to activities that can be found in 1-on-1 play and in practice of game combination give-and-go. Another objective is to determine the frequency of these activities used in a game.

Methods: The main method is to observe and record the training unit. In matches, the method of quantitative scales is used to evaluate the performance.

Result: After determining the results, the thesis should be used by other coaches, who primarily do not focus on these activities and direct their coaching activities to a different direction.

Key words: Individual game activities, minibasketball, training unit